The Journal

Vol. 27 No.42 www.cnic.navy.mil/bethesda/ October 22, 2015

NSAB Works to Take a BITE OUT OF CRIME

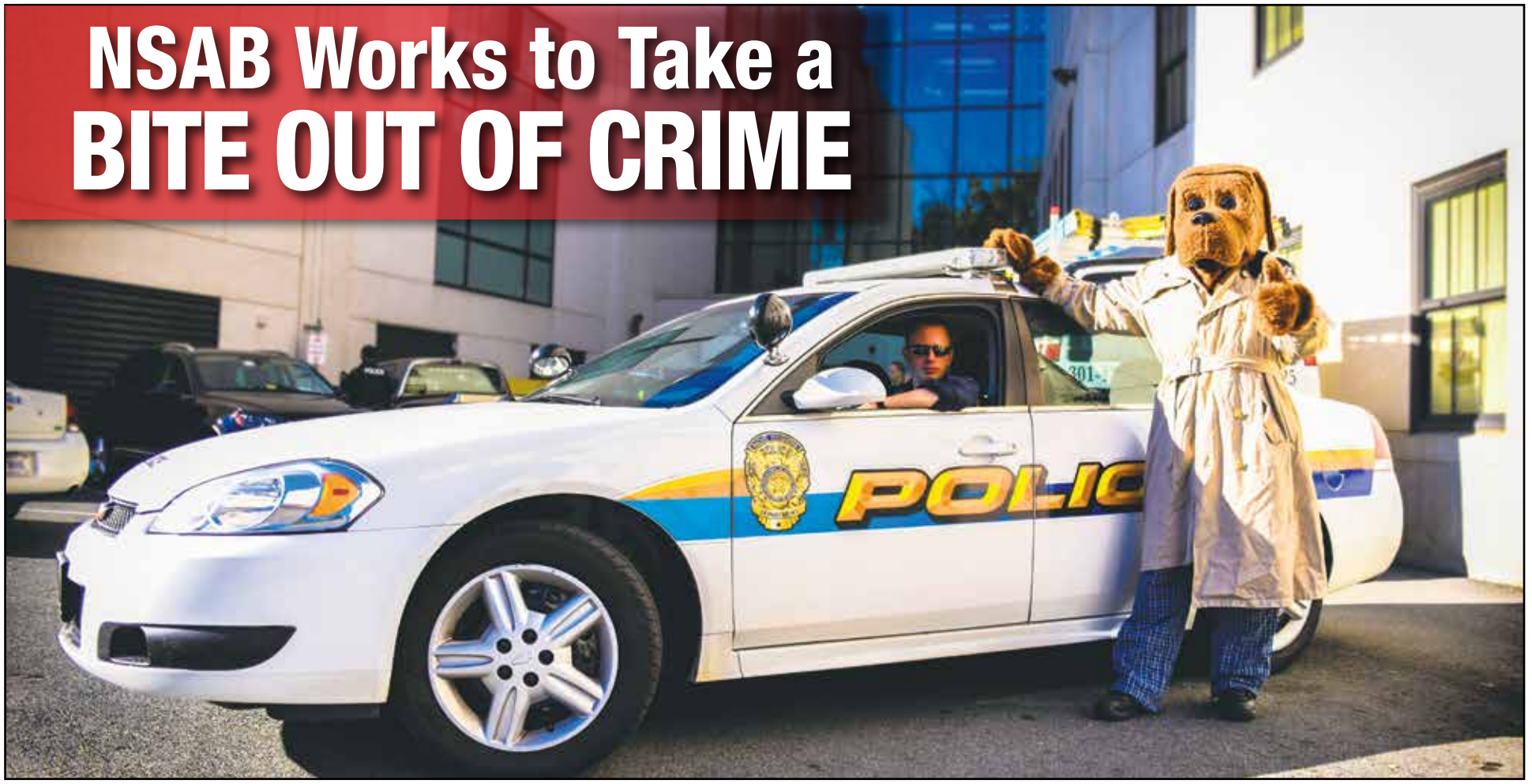


PHOTO BY MC3 HANK GETTYS

Scruff McGruff the Crime Dog could be spotted more frequently this month onboard Naval Support Activity Bethesda (NSAB) as part of the NSAB Police Department's efforts during Crime Prevention Month.

By ANDREW DAMSTEDT
NSAB Public Affairs staff writer

Scruff McGruff the Crime Dog could be spotted more frequently this month onboard Naval Support Activity Bethesda (NSAB) as part of the NSAB Police Department's efforts to remind people about crime prevention.

He's scheduled to make an appearance at the Child Development Center – and doing periodic visits around the installation this month as NSAB takes part in Crime Prevention Month.

"It's just a time to reflect on ways we can prevent crime," said Master-at-Arms 2nd Class Colleen Dibble, NSAB's crime prevention officer. "Every month should be crime prevention; we just want everyone on the installation to be safe on and off base."

Crime Prevention Month was started in 1984 by the National Crime Prevention Council as a way to promote the National Citizens' Crime Prevention Campaign and McGruff the Crime Dog, and to administer the Crime Prevention Coalition of America. Now 25 years after McGruff's first TV appearance, more than 75 percent of children recognize McGruff and more than 4,000 law enforcement agencies own a McGruff suit. That's a lot of people who know how to "Take A Bite Out Of Crime."

Theft is the most common crime that happens on base, and advice Dibble had to prevent theft was to "lock up your belongings when unattended," or to not bring valuables to work. And for those in the barracks, she reminded people not to leave their items in the common rooms.

Identity theft is another crime that is on the rise and some tips Dibble shared to prevent that crime were to commit all passwords to memory, never give out one's Social Security number, and when using an ATM to make sure no one is hovering nearby.

Other tips involved telling children to not give out any personal identifiable information online, that they know not to meet anyone they've met online without first discussing it with a parent/guardian and to not go to an area that charges for services without first gaining permission.

On its website, www.ncpc.org, the National Crime Prevention Council also has tips on how to help prevent bullying and cyberbullying, how to stay safe at work and how to prevent crimes against seniors, among other topics.

Some of those tips include:

· Get to know your child's friends.

· Show children safe ways to help others – which could sometimes mean getting an adult to help.

· Keep a home computer in a busy area of the house.

· Regularly check a child's instant messenger "buddy list."

· Keep valuables locked up.

· Shred discarded documents, such as bank statements and pre-approved credit card offers.

· Hang up on a suspicious telemarketer.

· Be skeptical of online charitable solicitations.

As Halloween is the last day for Crime Prevention Month, Dibble provided tips on how to stay safe while out enjoying the holiday.

Halloween tips include::

· Keep your house well lit – both inside and out.

· Use makeup instead of masks and look for brightly colored costumes.

· Older children should trick-or-treat in groups and parents should review the route beforehand.

· Remind children not to enter a stranger's house or vehicle.

· Make sure children don't eat the treats before they are inspected.

· Feed children a good meal before they go trick-or-treating.

The council's website also had also has some Halloween safety tip and activities featuring McGruff that parents can print out for their children to help prepare them to be safe on Halloween, such as a safety quiz and coloring page and a maze.

DOMESTIC VIOLENCE AWARENESS MONTH

By MARY L BUSKER LCSW-C
Clinical Case Manager at NSAB
Fleet & Family Support Center

Many have heard the statistics, that one in four people have experienced domestic violence at some point in their lives. As a recent transplant to the DC area, the more startling fact/reality is how many people actually ask the question of these victims "Why does she/he stay?" Following any recent public incidents of domestic violence, there has been an increase in dialogue and debate around the office water coolers, and in my community, about what that dynamic is like, and what causes someone to stay with someone who claims to love them and also abuses them. Victims stay in abusive relationships for MANY reasons and in my work with survivors at the House of Ruth Maryland, I came to learn firsthand many of the logical reasons, including the emotional ones, that keep women (and some men) in abusive relationships. I felt frustrated that more attention wasn't focused where it should be, on what can we as a community do to protect victims from this violence, and how we can support people who often feel trapped, torn, hopeless and helpless; and often expressing love for the person who has hurt them.

Beverly Gooden, a writer who started #WhyIStayed on Twitter, writes on her site that for her leaving an abusive situation was "a process, not an event." She explained in a series of tweets the many reasons why it took her so long to get out. She needed time to find a place to go and money to survive once she left. She thought love conquered all. She was isolated from friends and family who lived halfway across the country. She recounts her experiences in which she once tried to leave the house, but her abuser slept in front of the door to block her; another incident in which a pastor told her that God hates divorce. Ms. Gooden writes that her abuser/husband would make promises to change. There is also the concept of oneself, as something other than an abuse victim. Beverly wrote "I never once thought of myself as a battered wife. Instead I was a very strong woman in love with a deeply troubled man, and I was the only person on earth who could help [him] face his demons."

Finally, there is a statistic that was recently shared during the Domestic Violence Awareness Month Proclamation signing, on Oct.1st, that highlights a legitimate concern and reason some people stay. Over 70 percent of domestic violence murders happen after the victim has left the relationship. There is real danger of escalating an abuser when a victim decides to leave and actually does so. So fear is a major factor in immobility.

What does the reason she/he stays matter though? Do they deserve less compassion if we do not agree with the reason they have stayed? If our moral compass for compassionate response is guided only by empathizing with those who make great decisions, then we need to reconsider our compass.

The DOD issued a zero tolerance for Domestic Violence, as a means of supporting family resiliency and therefore Mission Readiness. But what can you do as a service mem-

See **DOMESTIC VIOLENCE**
Page 7

Bethesda Notebook

NCR-MD Town Hall

Rear Adm. Raquel Bono, director of the National Capital Region, Medical Directorate, will host a town hall Oct. 28 at 7 a.m. in Memorial Auditorium. All staff members are encouraged to attend.

New Fitness Center and Pool Hours

The Fitness Center and Pool in Bldg. 17 are operating under the following new hours:

Fitness Center:

M-F	4:30 a.m. - 10 p.m.
Sat	8:30 a.m. - 7 p.m.
Sun	8 a.m. - 5 p.m.

Pool:

M-F	5 a.m. - 8 p.m.
Sat	9 a.m. - 5 p.m.
Sun	9 a.m. - 4 p.m.

New NEX Mini Mart Hours

In an effort to accommodate customers better and provide premier customer service, the NEX is extending its hours of operation at the Mini Mart one hour past the operating hours of the Main Store. Below are the new operating hours for the Mini Mart:

M-F	6 a.m. - 9 p.m.
Sat	8 a.m. - 9 p.m.
Sun 1	0 a.m. - 8 p.m.

Published by offset every Thursday by Comprint Military Publications, 9030 Comprint Court, Gaithersburg, Md. 20877, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-921-2800. Publisher's advertising offices are located at 9030 Comprint Court, Gaithersburg, Md. 20877. Classified ads can be placed by calling 301-670-1700.

Naval Support Activity (NSA) Bethesda

Commanding Officer: Capt. Marvin L. Jones
Public Affairs Officer: Ronald D. Inman
Public Affairs Office: 301-295-1803

Journal Staff

Managing Editor MC3 Hank Gettys
WRNMMC Editor Bernard Little

Staff Writers MC1 Christopher Krucke
Andrew Damstedt
Sarah Marshall
Sharon Renee Taylor
Joseph Nieves
Jamie Petroskey

NSA Bethesda
Fleet And Family Support Center 301-319-4087

Walter Reed National Military Medical Center
Office of Media Relations 301-295-5727

NSAB Emergency Information Line 301-295-6246

NSAB Ombudsman
Michelle Herrera 240-370-5421

NSAB Chaplain's Office 301-319-4443/4706

Sexual Assault Response
Coordinator Hotline 301-442-2053

Visit us on Facebook:

Naval Support Activity Bethesda page:
https://www.facebook.com/NSABethesda

Walter Reed National Medical Center page:
http://www.facebook.com/pages/Walter-Reed-National-Military-Medical-Center/295857217111107

Uniformed Services University of the Health Sciences page:
http://www.facebook.com/pages/Uniformed-Services-University-of-the-Health-Sciences/96338890888?fref=ts

EFMB: Service Members Earn Badge of Proficiency, Dedication



PHOTO BY BERNARD S. LITTLE

Walter Reed National Military Medical Center Director Maj. Gen. (Dr.) Jeffrey B. Clark pins the Expert Field Medical Badge on the uniform of Air Force Capt. Richard Pate, a WRNMMC nurse, during graduation for candidates who earned the badge on Oct. 8 at Joint Base McGuire-Dix-Lakehurst, N.J.

**Editor's Note: This story is the second part of a two-part story that began in last week's Journal.*

By BERNARD S. LITTLE
WRNMMC Public Affairs staff writer

Walter Reed National Military Medical Center hosted the Expert Field Medical Badge (EFMB) testing at Joint Base McGuire-Dix-Lakehurst (JB MDL), N.J., Sept. 27-Oct.8. Service members earn the EFMB after successfully completing a set of qualification tests including both written and performance portions.

Army Capt. Andrea Mountney, officer-in-charge of combat testing lane (CTL) 3, explained the lane encompassed nine tasks including medical and casualty evacuation tasks using one- and four-person-litter carries, extrication of a casualty from a vehicle, establishing a helicopter landing point, and loading casualties onto a helicopter, ground evacuation platform, and vehicles. Candidates concluded the lane by assembling and operating a Single Channel Ground and Airborne Radio System (SINCGARS).

A research psychologist, Mountney does brain trauma research at Walter Reed Army Institute of Research (WRAIR). She earned the EFMB in October 2014 at Fort Bragg, N.C. She agreed earning the badge is a rewarding experience which enhances one's abilities to deliver exceptional care in the field, as well as sets those who earn the badge above their peers for career progression.

Army Lt. Col. Amy Blank, officer-in-charge of the recent EFMB training and testing at JB MDL, and Army Master Sgt. Ricardo Rebellion, non-commissioned officer-in-charge of EFMB, agreed the effort was a success.

"At our peak, we had 204 personnel on the ground supporting our 124 candidates," Blank explained. She added those 204 personnel included active duty Soldiers and Sailors, as well as reservists and guardsmen from 17 different sites as far north as Fort Drum, N.Y., and as far south as Fort Bragg, N.C., in addition to service members from San Antonio and the Nebraska National Guards.

Rebellion explained the cadre arrived at JB MDL about a week before the candidates to set up for the training and testing.

Blank and Rebellion said the candidates and cadre faced an added challenge when the effects of Hurricane Joaquin impacted the East Coast during the mission. "The candidates and cadre trained through it because that is the standard," the master sergeant said. There is no compromise when it comes to upholding the high standard during EFMB testing and on the battlefield, he explained.

The night land navigation challenge also took its toll on the EFMB candidates, Blank said. "It poured down raining on one of the groups, and it was extremely dark out there," she explained. "When the [candidates] were out there, they truly had to know how to navigate. They couldn't rely on the moonlight."

She added CTL 1, primarily a medical task lane, is "very long" and consists of "by-the-number, multiple" challenges, which also diminished the ranks of the candidates for the badge. Some of the tasks in the lane included performing tactical combat casualty care patient assessment; triage of casualties; control of bleeding using a tourniquet, hemostatic device and dressings; initiating a saline lock and IV; initiating treatment for hypovolemic shock and preventing hypothermia; inserting nasopharyngeal airway; treating a

See **BADGE** Page 7



PHOTO BY BERNARD S. LITTLE

New recipients of the Expert Field Medical Badge congratulate each other after earning the coveted badge following testing on Oct. 8 at Joint Base McGuire-Dix-Lakehurst, N.J. Oct. 8.

October is National Disability Employment Awareness Month

By SHARON RENEE TAYLOR
WRNMMC Public Affairs staff writer

A review of the word "disability" in the dictionary will show 'a disadvantage or handicap,' and 'incapacity, impairment or disablement,' but many who pass through the doors of Walter Reed National Military Medical Center (WRNMMC) prove every day what they can do, matters.

During National Disability Employment Awareness Month, WRNMMC focuses on the achievements of those who work at the military's flagship medical facility, as well as those who come to heal and learn a new way of doing things.

Americans with disabilities make up almost one-fifth of the country's population, but are unemployed at twice the rate of people without disabilities, according to President Barack Obama in his 2015 National Disability Employment Awareness Month Proclamation. "I urge all Americans to embrace the talents and skills that individuals with disabilities bring to our workplaces and communities, and to promote the right to equal employment opportunity for all people, Obama added."

RECOGNIZING WORKPLACE CONTRIBUTION

For 28 years, Chris Orndorff has shared his talents and skills with the Nutrition Services Department at WRNMMC. His food service supervisor, Dominique Osborne, said he has consistently been one of her best workers; the two have worked together for the last 14 years.

"He's an exceptional worker. He helps everybody in every area [of the Galley]. He's protective of everybody he knows," Osborne explained. "Chris is just a really good worker. He's a really caring person, [beyond work]. He likes to help out other people. When his job is done, he works all over the dish room and outside the dish room, whether it's the galley [where] he helps the cooks out, [or] whatever. He's just a well-rounded person."

Orndorff said he likes working with service members. "It's a good job," he said. He recently received A Culture of Excellence award (ACE), explained Army Lt. Col. Ronna Trent, food operations chief for WRNMMC's Nutrition Services. The ACE award recognizes WRNMMC staff members for their commitment to excellence, demonstrated by acts of extraordinary service.

OCCUPATIONAL THERAPY AND ASSISTIVE TECHNOLOGY

Occupational therapists and assistive technology specialists work together to ensure all those with injuries or disabilities enjoy quality of life.

"The goal of occupational therapy is to restore independence, so it doesn't matter what your [challenge] is, we're always working at restoring independence. And it's called occupational therapy because we're targeting your occupational roles: so it just depends on what your roles are," explained Army Maj. Colleen Daniels, an occupational therapist at WRNMMC. "I'm a mother, a student, officer, Soldier, minister, mother, sister and daughter—all of my roles." She said occupational therapy deals with how those roles are impacted.

Daniels and Amanda Reinsfelder, an assistive technology specialist, work together to help wounded, ill and injured personnel return to the

See **AWARENESS** Page 7



PHOTO BY SHARON RENEE TAYLOR

For 28 years, Chris Orndorff has shared his talents and skills with the Nutrition Services Department at Walter Reed National Military Medical Center.







MWR Fall Fest 2015

Naval Support Activity Bethesda's (NSAB) Morale, Welfare and Recreation (MWR) held it's Fall Fest at the MWR Sports Complex onboard NSAB Oct. 17. The event had fun for all ages, including a petting zoo, pony rides, a bounce house, carnival games, a beer and bratwurst bar, haystack candy hunt, face painters, balloon animals, pumpkin painting and live music.







National Pharmacy Week: WRNMMC Pharmacies Begin New Disposal System for Medication



PHOTO BY JOE NIEVES

Navy Lt. Cmdr. Benedict Baidoo, Ambulatory Pharmacy service chief at Walter Reed National Military Medical Center (WRNMMC), and Patricia Skinner, pharmacy administrator at WRNMMC, show off the pharmacies' new medication drop boxes as part of an initiative to assist patients and staff with disposing of their extra or expired medications.

By JOE NIEVES
WRNMMC Public Affairs staff writer

This week during National Pharmacy Week, the pharmacies at Walter Reed National Military Medical Center (WRNMMC) are drawing attention to their new medication drop box as part of an initiative to assist patients and staff with disposing of their extra or expired medications.

The big blue boxes, located in front of the pharmacies in the Arrowhead and America Buildings, will allow patients to dispose of their excess medications anonymously and safely.

"This began as part of Maj. Gen. (Dr.) Jeffrey B. Clark's Patient Experience [initiative], which is at the center of everything we do," said Patricia Skinner, pharmacy administrator at WRNMMC. "This is one way for us, a service department, to be out front and directly affect the patient's experience."

She said patients may not know what to do with their old and expired medications — the disposal methods, specific instructions for what can be simply thrown away and whether the item is a controlled substance and needs to be reported.

"Some different types or medications have to be disposed of with protective measures," Skinner added. "This takes that pressure off patients; we make sure it doesn't get back into the water supply."

The double-locked boxes allow for controlled medications to remain in a controlled setting, preventing improper or illegal drug use.

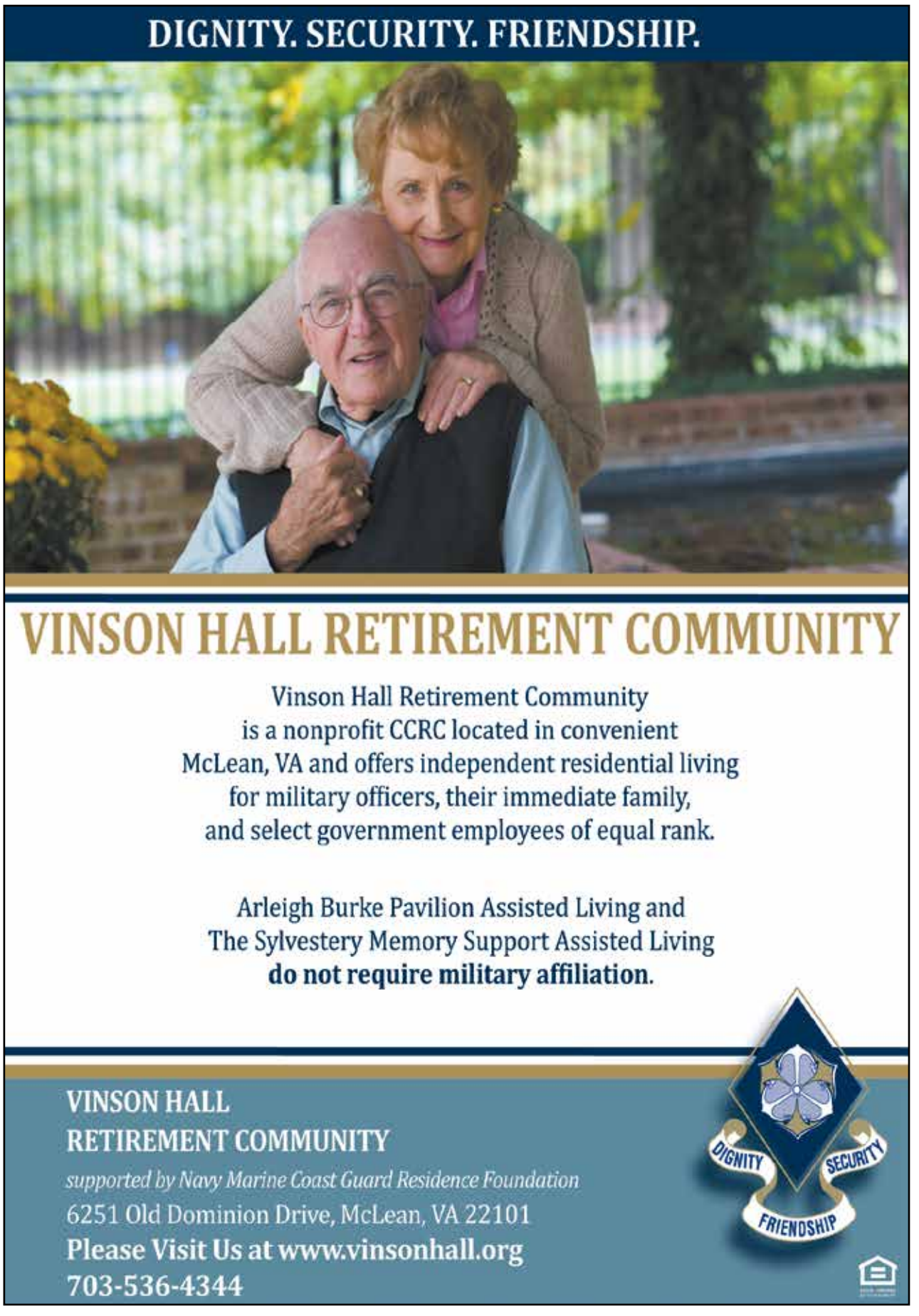
"A patient may have small or young children who might get access to that medication. This is a great way to prevent that," said Navy Lt. Cmdr. Benedict Baidoo, Ambulatory Pharmacy service chief.

Giving patients the option to dispose of their medications easily is just one of the key benefits the drop box provide, Baidoo explained. He said the ability of the WRNMMC pharmacies to dispose of the medications in controlled environments prevents possible spillage and contamination, benefitting the community.

"It's not always easy to find information about which medications can be simply thrown in the trash," Baidoo continued. "To keep patients safe, our pharmacy is doing the work for them. This is one of our contributions to our patients and our community," he said.

The Arrowhead pharmacy is located in Building 9, second floor, and the America pharmacy is located in Building 19, first floor. The drop boxes are open only during pharmacy operating hours; in Arrowhead from 7:30 a.m. to 8 p.m., and in America from 7 a.m. to 6 p.m.

Sharps, except insulin pens, should not be placed in the drop box. Liquid medicines 4 ounces or less, including insulin vials, can be placed in a drop box. Medicines beyond 4 ounces pose a spillage issue, so beneficiaries are encouraged to check with pharmacy personnel before placing in the drop box. For more information, call (301) 319-3436.



We've got you covered for
Memory Care, Senior Living, Nursing & Rehabilitation

HCR ManorCare offers a unique range of care in the Washington D.C. area under the Heartland, ManorCare and Arden Courts names.
By pooling our resources and expertise, we are able to provide carefully coordinated, individualized care options that maximize health, comfort, independence and dignity for our patients, residents and their families.

ManorCare
Health Services

ManorCare's skilled nursing and rehabilitation centers offer post-acute services for those recovering from life-changing events such as illness, injury, surgery or multiple health issues — and need additional care before transitioning from hospital to home. Locations in:

Adelphi • Bethesda • Chevy Chase • Hyattsville • Largo
Potomac • Silver Spring • Wheaton
800.736.4427

Heartland
Enriching life.

Provided at home, within an assisted living or skilled nursing center our hospice program includes comfort care, pain management and education for the patient and family, as well as psychosocial and spiritual support.
Baltimore 410.719.8670

Arden Courts

Arden Courts were researched, designed and developed for persons living with Alzheimer's disease and other related dementias. We know, we understand, and we can help, because memory care is all we do.℠
Memory care communities:

Annandale • Fair Oaks • Kensington • Potomac • Silver Spring
888.478.2410

HCR ManorCare
Heartland • ManorCare • Arden Courts

Army's Top Nurse Commissions Therapy Dog



PHOTO BY BERNARD S. LITTLE

Maj. Gen. Jimmie Keenan, deputy commanding general (operations) of the U.S. Army Medical command and chief of the U.S. Army Nurse Corps, commissions Walter Reed National Military Medical Center's newest facility dog, Annie Fox, to first lieutenant. The canine is named after the World War II heroine who was the first woman to receive the Purple Heart for combat.

By BERNARD S. LITTLE
WRNMMC Public Affairs staff writer

First Lt. Annie G. Fox, of the Army Nurse Corps, was the first woman to receive the Purple Heart for combat. She earned the medal for "outstanding performance of duty, meritorious acts of extraordinary fidelity and essential service" during the attack on Hickam Field, Dec. 7, 1941. At that time, the awarding of the Purple Heart did not require the recipient to be wounded in action.

As chief nurse at Hickam Field, Hawaii, Fox cared for patients during the heaviest bombardment of Pearl Harbor. She "administered anesthesia, assisted in dressing the wounded, taught civilian volunteer nurses to make dressings, and worked ceaselessly with coolness and efficiency, [setting a] fine example of calmness, courage and leadership of great benefit to the morale of all with whom she came in contact," states her Purple Heart citation.

In honor of Fox and her heroics, a canine in the dog therapy program at Walter Reed National Military Medical Center (WRNMMC) bears her name. Army Maj. Gen. Jimmie Keenan commissioned the mix-breed Labrador and golden retriever to first lieutenant Oct. 15 in front of the historic Tower on Naval Support Activity Bethesda (NSAB). Keenan is deputy commanding general for operations at the U.S. Army Medical Command and chief of the U.S. Army Nurse Corps.

Canines in the dog therapy program provide comfort, support, hope and "unconditional love" to wounded, ill and injured patients, as well as to staff at WRNMMC and NSAB, according to Keenan. The dogs can also assist with retrieving objects, providing balance for some beneficiaries, pulling wheelchairs, opening and closing doors, and turning lights on and off. All bolster the healing process, Keenan explained.

"What [Annie and other therapy dogs] do every day for our service members and their families, the hope [they] give them and the difference [they] make in their lives, is huge," Keenan added. She said this is reflective of the hope 1st Lt. Annie G. Fox gave those she provided care to during the bombing of Pearl Harbor. "She was calm, performed triage, and saved lives during that very difficult time."

The Army's top nurse also thanked the WRNMMC staff for the care and hope they give beneficiaries at the military's premier medical center. "Every day you get up and get to do the best job [there is] — take care of America's sons and daughters. We have a most sacred and important job because we have the ultimate responsibility to our patients," she concluded.

BADGE
Continued from Pg. 3

penetrating chest wound; performing needle chest decompression; treating an open abdominal wound and casualty with an open head injury; immobilizing a suspected fracture of the arm; and treating eye lacerations, contusions and extrusions.

Performing steps in the wrong order, failing to check vitals or indicate the use of a tourniquet on a casualty, will cause a candidate to earn a "no go," Blank explained. Those who fail a certain number of tasks from any category cannot earn the coveted EFMB.

Rebellion said CTLs were added to EFMB testing to replicate situations service members face downrange. For each of the CTLs, service members are usually given one to two hours to complete the given tasks, all while reacting to obstacles and stressors, such as simulated indirect and direct fire, artillery simulators and smoke going off.

Twenty-one years ago as "a young Army lieutenant," Blank, now WRNMMC's director of audiology and speech pathology, "lived through the rains of Fort Lewis, Wash.," to earn the EFMB on her first attempt. Most people who earn the badge achieve it on their second, third or fourth try. "As a medical person, it's what we all want to strive for," Blank said. "Of the 124 candidates who recently tested for the EFMB at JB MDL, 23 earned the badge." she added.

Rebellion also earned the EFMB on his first attempt in 1996 while stationed to an infantry unit in Hawaii. "In an infantry unit, the medic is 'the doc,'" he explained. He added the one thing infantrymen do is look for the EFMB on the uniform of the medic assigned to their unit. "It carries a lot of weight. As a combat medic you knew you had to have the EFMB. For us, it is a source of pride because you know how hard it is to earn. It's an added source of respect."

DOMESTIC VIOLENCE
Continued From Pg. 2

ber, or a civilian, if you see or know of someone who may be in trouble? Talk to them, ask them to get help, call the Domestic Abuse Victims Advocate on base and get information to share, or go to domesticviolence.org and educate yourself on the Power and Control Wheel (Duluth Model) so that you can see the various ways abuse can be manifested, not all of which are obvious physical assaults. Be armed with knowledge and compassion that translates to victims regardless of "why she stays." Whatever the reason a person stays, this underreported crime causes pain, and victims deserve support.

My children go to a school where they are asked to be "stand-uppers." If they see a situation escalating, or bullying taking place, they are asked not to "stand by", but to stand up for the person, say something, get help, intervene. Not to first ask why the kid getting picked on was in harm's way. The same thing can apply to your neighbor, friend, or stranger in a public place who you know to be in a situation of mistreatment, and possibly suffering one of the various forms of abuse. Stand up, reach out, get help, and intervene! Whether we understand the "reasons" or not, the compassionate response is deserved by anyone suffering in a domestic abuse situation. As a community we can make a difference. If you or anyone you know needs help, please call FFSC 301-319-4087 for resources.

AWARENESS
Continued from Pg.3

workplace: on active duty or a transition to civilian employment.

"Our mission is unique because everyone has a different goal; so if you were to acquire the same disability I acquired, at the exact same time, we're two different people, so how it affects us is going to be different," Reinsfelder explained.

One of three assistive technology specialists at WRNMMC, Reinsfelder may offer a tool, an object or an item, high-tech like special software or low-tech like a paper clip, to help a patient accomplish their goal.

"That's how we work hand-in-hand, because if we're trying to restore functional independence, and your roles are affected, we're trying to help you accomplish your goal, and assistive technology is one of the means, one of the tools in our tool kits that we use to do that," Daniels said.

Reinsfelder reminded employers to communicate with the individual seeking accommodation in order to brainstorm together and find something that works in the workplace.

DISABILITY EMPLOYMENT AWARENESS MONTH OBSERVANCE AT WRNMMC

"Everywhere we meet and see disabled Americans proudly serving in all capacities. They are our comrades, shipmates, fellow service member, Americans and individuals who proudly served and continue to serve our country with pride regardless of their disability," said Master Chief Alma M. Robinson, senior enlisted leader for WRNMMC's National Intrepid Center of Excellence. "The mission here at [WRNMMC] could not be done without the contributions from our team members who are living with disabilities. Many of us would never know because we simply see the positive results of their hard work and perseverance."

Robinson will serve as keynote speaker for the medical center's observance of National Disability Employment Awareness Month, to be held today, in the lobby of the America Building (Bldg. 19), 1st floor, at 11:30 a.m. today. Everyone is invited to attend.



Classifieds

Call **301-670-2503**

Apartments Unfurnished

UPPER MARLBORO
1 bedroom, walk-in closet, liv room, dinning room, washer dryer, dishwasher, self-clear stove, full bath, lien closet, priv entrance, park & utilities includ Please call **240-441-9036**

BUYSELL
RENTHIRE
TRADESHOP
SWAPFIND

SOUTHERN MARYLAND CLASSIFIED

TO PLACE YOUR AD CALL
1-888-406-SOMD
TODAY!

Auctions

AUCTION
Green Manor Farm!!
38250 New Market Rd
Mechanicsville, MD

Items can be previewed on Fri. Oct 23 at 9:00am. Auction starts on Sat., Oct. 24 at 9:00 am. Gates open at 7:00 am. RAIN OR SHINE!

•Antiques •Equipment •Tractors •Trailers and Trucks

Consignment Auction - Please call to consign. Hayes Auction Services LLC., 301-861-7738
Follow us on Auctionzip.com, Auctioneer #36091 for updated picture and list of items.
You may have to use Charlotte Hall, MD 20659 for gps reasons

Wanted to Buy

Small collector pays CASH for Coins / Collections / Gold. Will come to you. Call Al at: 301-807-3266

Autos

2004 FORD EXCURSION XLT, V-8, 4x4, white with gray cloth interior, very good condition, rear entertainment system, new Michelin tires. 140,000 miles. $6,800, 301-580-0879, 410-326-3243

PLACE YOUR AD HERE.

1.888.406.SOMD



Beautiful & Affordable Apartments
ALL Utilities Included!
Just Minutes From Walter Reed!



Military Benefits Package:
- NO Application Fee!
- NO Credit Check!
- NO Security Deposit!

All Active & Retired Military Members Receive $100 Off Rent Per Month!

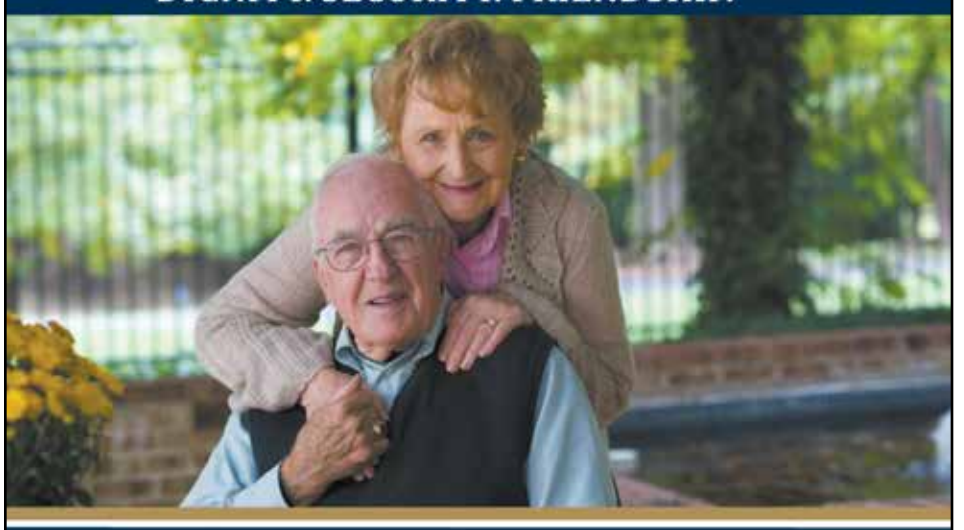
THE KENSINGTON HOUSE

Call Now For A Tour & Availability

301.949.1215

10225 Frederick Ave., Kensington, MD 20895

DIGNITY. SECURITY. FRIENDSHIP.



VINSON HALL RETIREMENT COMMUNITY

Vinson Hall Retirement Community is a nonprofit CCRC located in convenient McLean, VA and offers independent residential living for military officers, their immediate family, and select government employees of equal rank.

Arleigh Burke Pavilion Assisted Living and The Sylvestery Memory Support Assisted Living **do not require military affiliation.**

VINSON HALL
RETIREMENT COMMUNITY
supported by Navy Marine Coast Guard Residence Foundation
6251 Old Dominion Drive, McLean, VA 22101
Please Visit Us at www.vinsonhall.org
703-536-4344

DIGNITY SECURITY FRIENDSHIP

Mercedes-Benz

DELIVERING LUXURY TO OUR TROOPS AND VETERANS.



2014 Mercedes-Benz CLA-Class
Starting at $29,900



2014 Mercedes-Benz ML 350 Sport Utility

EuroMotorcars BETHESDA

EuroMotorcars Bethesda
Randy Merry and Jim Pratt, New Car Sales Managers
Gregg Eisenberg and Kenny Griffin, Pre-Owned Sales Managers
888.250.2987
EuroBethesda.com
7020 Arlington Road, Bethesda, MD 20814

*See dealer for complete details. Photos used for advertising purposes only.